



DAILY AFFIRMATION

I know exactly who I am and dress the part every day. I am confident in my abilities and my appearance. I am proud to be me.

day 3
STYLE
CHALLENGE
SHIFT
with erika

WHAT'S WORKING FOR YOU?

A Style Shift doesn't mean that I'm here to tell you to throw out everything you own and buy a completely new wardrobe! That certainly would be nice but probably isn't practical for most of us. We are going to use the clothing that is already in your closet to shift your style. How? It's pretty simple, actually. We are going to find what works for you and then do more of that. MUCH MORE.

Daily Tasks

FIND WHAT WORKS

Take a minute and think back to your ideal personal style and style aesthetic. This about the styles, silhouettes, fabrics, and pieces that you are drawn to. Think about the image you want your personal style to project. And, lastly, think about your style goals.

Now, go to your closet and pull three (3) pieces that project your ideal image and communicate your ideal style aesthetic.

When choosing your pieces I want you to think critically about:

- What is the piece?
- Why does this piece project my ideal image?

Hang those three pieces at the very front of your closet or on your closet door. I want them to be front and center every time you look at your closet. I want you to always remember your ideal personal style.

MINI CLOSET DETOX

By now, you've likely got the steps of your mini Closet Detox down. Here are today's:

STEP 1: Go to your closet and/or dresser and pull out five (5) pieces of clothing you haven't worn in the last 6 months

STEP 3: Sort the items into your "Sell," "Donate," "Upcycle/Recycle," or "Trash" bags/bins.

STEP 3: Walk away

That's a wrap for today! Remember to complete your Daily Tasks checklist. See you tomorrow!

Daily Task Checklist

- Watch Day 3 Video Message
- Download Day 3 PDF Worksheet
- Complete Day 3 PDF Worksheet
- Go to the FB thread and tell us about one (1) of your ideal pieces
- Bonus entry: Post a picture of your ideal piece in the thread